

“The rule and life of the Secular Franciscan is this: to observe the gospel of our Lord Jesus Christ by following the example of Saint Francis, who made Christ the inspiration and centre of his life with God and people ...

Secular Franciscans should devote themselves especially to careful reading of the gospel, going from gospel to life and life to gospel.”

**THERE ARE THOUSANDS OF SECULAR FRANCISCANS —**

**HISTORY** INCLUDES ELISABETH OF HUNGARY, JOHN VIANNEY, JOAN OF ARC, DANTE, MICHELANGELO, THOMAS MORE, CHRISTOPHER COLUMBUS, FRANZ LISZT, MAXIMILIAN KOLBE, JOHN XXIII AND MANY OTHERS.



MOUNT ALVERNO  
SECULAR FRANCISCAN  
FRATERNITY

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**CONTACT US IF YOU FEEL CALLED  
TO LIVE THIS DIFFICULT AND  
JOYFUL LIFE**



**Ex Fratrīs Calamo**  
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**Are YOU being CALLED ?**

The SECULAR  
FRANCISCAN  
VOCATION



**Trillium Regional Fraternity**  
Secular Franciscan Order

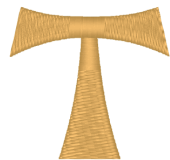
*The Peace Prayer attributed to St. Francis of Assisi cannot in fact be traced back in history beyond 1912, when it was printed in a French magazine called “La Clochette”. In North America, it was Cardinal Spellman and others who distributed millions of copies of it, just after WWII.*

*Mother Theresa recited it daily, as do her sisters today.*

### THE PEACE PRAYER OF ST. FRANCIS OF ASSISI

Lord, make me an instrument of Thy Peace  
Where there is hatred, let me sow love.  
Where there is injury, pardon.  
Where there is doubt, faith.  
Where there is despair, hope.  
Where there is darkness, light.  
Where there is sadness, joy.

Oh, Divine Master, grant that I  
may not so much seek to be consoled  
as to console;  
to be understood as to understand;  
to be loved as to love.  
For it is in giving that we receive;  
it is in pardoning that we are pardoned;  
and it is in dying that  
we are born to eternal life.



# LIVING THE GOSPEL AS FRANCIS DID

ST FRANCIS INSTITUTED THE THIRD ORDER IN THE EARLY 13TH CENTURY.  
IT IS A TRUE ORDER, APPROVED BY THE POPE.

MANY NOTABLE PEOPLE HAVE BEEN PROFESSED MEMBERS,  
CLERGY, ROYALTY, SCIENTISTS, AUTHORS, ARTISTS AND THE REST OF US...

## BROTHERS AND SISTERS OF PENANCE

PROFESSED SECULAR FRANCISCANS LIVE IN THE WORLD BUT NOT OF THE WORLD. THEY STRIVE TO IMITATE JESUS IN ALL THEIR DUTIES AND CIRCUMSTANCES. THE GOSPEL IS THE SOURCE OF WISDOM AND GUIDANCE FOR THEM. THEY ARE TO WALK THE EXTRA MILE, ALWAYS MOVE TOWARD PEACE AND PEACEFUL SOLUTIONS, AND LIVE SIMPLY, DETACHED FROM MATERIAL THINGS.

## SECULAR FRANCISCAN BASIC DUTIES

DAILY OFFICE  
(CHRISTIAN PRAYER BREVIARY OR 12 OUR FATHERS)  
ATTENDANCE AT FRATERNITY MEETINGS &  
OBEDIENCE TO THE FRATERNITY COUNCIL  
CONTRIBUTE TO THE FRATERNITY COMMON FUND  
PRAY FOR BROTHERS AND SISTERS IN ST. FRANCIS  
COMMON CATHOLIC DUTIES  
CONTINUAL RADICAL CONVERSION

## POVERTY OF SPIRIT

WHATEVER THE CIRCUMSTANCES OF A SECULAR'S LIFE, POVERTY OF SPIRIT IS THE GOAL. THIS MEANS THAT ONE GIVES UP ATTACHMENT TO THINGS AND THE WORLD. IT MEANS SIMPLICITY AND HUMILITY AND CLINGING TO THE MANNER OF JESUS. ST FRANCIS IS THE INSPIRATION HERE, BUT ST. FRANCIS IS ALWAYS POINTING TO JESUS.

## ANSWERS TO COMMON QUESTIONS

NO, THERE ARE NO VOWS, JUST A PUBLIC PROMISE.

YES, IT IS A TRULY INSTITUTED ORDER

YES, THERE IS A NOVITIATE—A PERIOD OF TRAINING WHICH LASTS NOT LESS THAN 24 MONTHS.

NO, THIS IS NOT AN EASY UNDERTAKING: TO LIVE THE GOSPEL IN A SECULAR WORLD!

YES, THERE ARE MONTHLY MEETINGS.

YES, YOU CAN BE MARRIED OR SINGLE, WHATEVER WALK OF LIFE YOU HAVE.

YES, THERE IS A HABIT, BUT IT ISN'T REQUIRED OUTSIDE OF MEETINGS: IT IS SIMPLY A SYMBOL (A TAU CROSS) WORN AS A PIN, PENDANT OR RING.

YES. YOU ARE REQUIRED TO CONTRIBUTE YOUR SHARE TO THE COMMON FUND OF YOUR FRATERNITY.

YES, YOU ARE REQUIRED TO SERVE THE FRATERNITY SHOULD YOU BE CALLED UPON TO CONTRIBUTE YOUR TALENTS AND GIFTS IN SOME WAY.

NO, IT IS NOT A PARISH MINISTRY OR CLUB.